

How To Use Creatine



Maximise Your Creatine Use

From a review of research * conducted in this area, creatine supplementation durations range from 5 days – 6 months, all of which have shown positive changes, with a strength-related training and supplementation cycle typically lasting between 6-12 weeks. For this, two supplementation regimes are used:

1 - Loading:

Fastest results for Muscle size, Strength & Power

Loading Protocol – consume 5g, 4 times throughout the day for 5-7 days followed by Maintenance Protocol – 3-10g per day across 1 to 3 serves

Breakfast

8a Poached eggs on wholemeal
m toast

Use Creatamax throughout the day to hit your desired dosage

Mid-Morning

10a Banana and Coconut smoothie
m

Use Creatamax throughout the day to hit your desired dosage

Lunch

12p Chicken salad in Wholemeal Pitta
m bread

Mid-afternoon

3p Peanut butter crackers
m

Drink Cyclone after your gym session, or as a snack on the days that you're not training

Evening

8p Seasoned Chicken with
m Mediterranean Vegetables and
Cous Cous

Before bed

10p A glass of semi-skimmed milk
m

2- MAINTENANCE:

This method is often preferred for a longer term supplementation plan (no loading phase)

Maintenance Protocol – 3-10g per day across 1 to 3 serves (Could be achieved with 1 serving of Creatamax 300 and Cyclone)

Breakfast

8a Oats with skimmed milk and
m berries

Mid-Morning

10a A banana and a handful of
m mixed nuts

Lunch

12p Chicken salad in Wholemeal
m Pitta bread

Mid-afternoon

3p Banana and Coconut
m smoothie

Drink Cyclone after your gym session, or as a snack on the days that you're not training

Evening

8p Grilled salmon, with stir fry
m veg and whole-wheat pasta

Before bed

10p A glass of semi-skimmed milk
m

Learning how to use creatine properly also means listening to your body and knowing when to rest. Bear that in mind when using the supplement.

*Branch, J.D., (2003). Effect of creatine supplementation on body composition and performance: A Meta-Analysis. International Journal of Sport Nutrition and Exercise Metabolism, 13, 198-226.

creatine Loading

Creatine Loading: Is It Worth It?

To maximise your results and efforts in high intensity training, your muscles require high levels of energy. High intensity exercise is generally anaerobic, meaning the strategy is short intense bursts of exercise with short recovery periods. For this, your body depends

on alternative energy sources instead of oxygen – this is when ATP comes into play. With more energy readily available, you can make every rep count.

Supplementing creatine is recommended to those who perform high intensity exercise, such as sprinting or powerlifting, as they are anaerobic exercises which requires an alternative energy source to oxygen – this is when ATP comes into play.

Creatine is a product produced naturally in the body by three amino acids: glycine, arginine and methionine, but only in small amounts, and your muscles don't store much of it. Supplementing creatine into your regime helps to keep your creatine stores saturated to support performance during high intensity, short bursts of exercise

Here, we look at how to take Creatine supplements and how much.

How To Take Creatine

Usually supplemented in the form of a powder, creatine is generally mixed with a liquid to take as a drink. Pre-workout, it can be mixed with a high sugar drink You can also get creatine protein bars, which can be taken as a pre or post-workout snack, which again, boosts your protein levels

Dosage

Timing isn't everything when it comes to creatine, as once saturation levels are fully reached, creatine can stay in your system for some time. The general dose of creatine is 3g daily. Although, timing isn't everything, before and/or after workout are the most common times to supplement.

To get your creatine stores fully saturated, some people opt to have a loading phase for the first 5-7 days of supplementing higher creatine doses into their routine – but this isn't compulsory.

Loading Phase

When you first start to supplement creatine into your routine, you might want to begin with a loading period. This isn't 100% necessary, but there are benefits to it. The phase usually entails supplementing a larger daily amount for the first week. Generally, between 15-20 grams of creatine is supplemented for the first 5-7 days. This should be spread out throughout the day into several 5g doses and timings can vary although before and after workout are usually recommended. Following the loading period, doses generally drop down to around 3g per day, meaning you only need to supplement once daily.

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throughout the day into several 5g doses and timings can vary although before and after workout are usually recommended. Following the loading period, doses generally drop down to around 3g per day, meaning you only need to supplement once daily.

The benefit of a loading phase allows your muscle's creatine stores to become saturated quickly. Choosing to avoid a loading phase means it could take multiple weeks of supplementing before your creatine stores are fully saturated.

Creatine For Men

How Creatine Benefits Men

Energy depletes rapidly during exercise so for high intensity training, your muscles require sufficient levels. Your body naturally produces creatine from amino acids, but only in small amounts - so creatine stores are sometimes spare (sparse?) in your muscles - and they also deplete during exercise. Supplementing creatine monohydrate helps to replenish your muscle creatine stores.

Here, we look at how men can supplement creatine into their routine, and why it could support their workout performance.

When Should Men Take Creatine?

Creatine can be supplemented any time of day – timings can vary and you aren't restricted to one specific time. However, some people prefer to supplement it prior to your workout, and/or immediately after. The recommended maintenance dose is around 3g daily. You can take your daily dose as either a tablet or a powder mixed in a drink – the powder is generally mixed with a high-sugar sports drink.

In some cases, when you first start to supplement creatine, whether you are male or female, you can supplement in a loading phase. This phase requires larger daily doses of creatine for 5-7 days to fully saturate your creatine stores in your muscles. Generally, 20g per day is consumed in smaller doses throughout the day. Whether you have a loading phase is down to your own personal preference.

What Are The Benefits For Men?

Your muscles creatine stores deplete rapidly during high-intensity exercise. Supplementing creatine pre-workout can help to slow down depletion and increase your exercise performance so. Post-workout supplementation helps to replenish the stores that have been used up during exercise.

Creatine Shakes

Shake Recipes For You

In certain instances, the supplement creatine can support your exercise performance and prolong creatine depletion. It can be taken in either a tablet or powdered form. The powder is often mixed with a high-sugar sports drink or can be mixed with other ingredients to make a shake. As part of a shake, creatine can be made up during the day as a lean snack to replenish your muscle creatine stores.

Here are some great Creatine recipes to help you devise a supplementation plan that works best for you.

The Breakfast Shake

As an alternative to, or as an addition to your breakfast, this shake is great for those who are on the go and are looking for a nutritional shake that may help them maximise their performance at the gym. To make this shake, simply blend these ingredients together:

- 2 scoops of vanilla protein powder
- 5g of creatine powder.
- Low fat milk
- Iced coffee
- 1 spoonful of peanut butter

The Summer Shake

For those looking for a shake that's refreshing, try a drink that's packed with fruit to help boost your fruit, veg and vitamin intake. To make, combine these ingredients in a blender for 1 minute until smooth:

- 1 or 2 scoops of vanilla protein powder, depending on your preference
- 6 to 8 ounces (do we have metric values?) of water (depending on how much you're making)
- 4 to 6 ice cubes
- 1 to 2 peeled oranges
- 5g serving of creatine

A Wild Berry Boost

A creatine shake full of berries is an ideal refreshment during spring. This shake is made simply with the following ingredients:

- 5g of creatine

- 8 raspberries
- 4 strawberries
- 15 blueberries
- Low fat milk
- 4 to 6 ice cubes

Chocolate Banana Brownie Shake

For a delicious dessert style shake, try this. It's not just a dessert – it's packed with protein and creatine to help you stay in the best shape you can be. Mix the following ingredients into a blender on a medium setting for a minute, then pour into a tall glass and add cream if you like:

- 2 scoops of chocolate protein powder
- Water
- 4 to 6 ice cubes
- 1 banana
- 5g creatine